

Morning Fitness



As part of an active lifestyle, we like to keep our seniors fit and active. Aerobic exercise can effectively improve your health. Beginning sitting in a chair, you will exercise alongside a DVD, then stand and exercise with the DVD doing low impact aerobics. You will increase stability, balance and energy levels and strengthen your cardiovascular system. We meet twice a week for this fun class.

Dates: January-December (we do not hold class on any Holidays)

Time: 9:30-10:30am

Days: Tues/ Thurs

Fee: \$Free

Min. 2/Max. 20

Ages: 55-99+

Please note that by attending any program your photo may be used in advertising!



Pruzin Community Center

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